



Case Management News and Notes

January 2008

We feel very lucky and happy to announce that we received a \$10,000 Kent Richard Hofmann Grant to help us with Emergency Utility Assistance for clients. It comes at a great time with our winter high utility bills. We know that losing the EFA money has been very difficult on many of our clients. This is a small amount, but we hope it can help many clients.

Guidelines for Emergency Utility Assistance:

*It is to be used for gas and electric assistance only. AIDS Network will send the check to the utility company directly.

*\$50 can be used one time only for any HIV+ person who needs this type of assistance.

*We will be able to help out 200 individuals. It will be available until the money is gone.

*All individuals are eligible if they have an income below the 300% poverty level or have a compelling need for this assistance.

*The person does need to make an appointment with Energy assistance before they can utilize this grant.

*Your Case Manager will need to have a copy of your bill.

*We do reserve the right to deny an individual if the \$50 is NOT going to help them from being disconnected.

To inquire more about this assistance, please call your case manager.

**Remember, asking for assistance and getting a check to the utility company can take some time, so contact your case manager early to avoid any disconnections.

Staff Changes:

There have been two changes in staff in the last quarter of 2007.

First, Bob Power, our Executive Director for 8 ½ years resigned from AIDS Network to take on a new challenge at The Colonial Club in Sun Prairie. The Board of Directors accepted applications through December 31, 2007 and has now begun the process of finding a new Executive Director. Dan Guinn, the Director of Legal Services, is currently the Interim Executive Director.

The second change is that I started as the new Director of Life Care Services at the end of October, 2007. I replaced Ann Fleming who worked at AIDS Network for over 13 years total, starting initially as a volunteer. I am happy to have this opportunity to work with a great Case Management Team. Thanks to all of those clients, case managers, fellow staff and collaborative agency staff that have made my transition here easier. Please see my Bio for more information about myself. I look forward to meeting all of you in the future.

Thank You,

Beth Clemitus

Table of Contents

PAGE 1 - Case Management News

PAGE 2 - Nutrition Counseling and new staff bios

PAGE 3 - Side Effects of HIV Meds

PAGE 4 - Side Effects (cont.) and Energy Assistance info

PAGE 5 - Project Home

PAGE 6 - AIDS Network events and Executive Director search

FREE NUTRITION COUNSELING

with Sarah Mattison, Registered Dietician

With the start of 2008 just underway, I would like to invite you to take advantage of a wonderful opportunity: a personalized nutrition check up. Just as you would see a doctor to manage your medical needs, everyone should see a registered dietitian routinely for help managing nutritional needs.

As your registered dietitian I will show you how to use nutrition to increase your energy, ward off side effects, enhance your immune system and maintain your desired weight. Nutrition is a vital element of health and I am dedicated to helping you optimize your dietary intake. Let me show you what optimal nutrition can do for you!

To learn more or to schedule a free appointment, contact your case manager or Jody at 252-6540 x31.

About Sarah:

Sarah Mattison is a two-time graduate of the University of Wisconsin-Madison and has a master's degree in nutritional science from Boston University. She is the owner of Lifestyle Nutrition where she provides individual and group counseling for adults and children with nutritional concerns. Sarah is also the sports dietitian for the athletes at UW-Madison.

New Staff Biographies

Beth Clemitus

Hello everyone. My name is Beth Clemitus and I joined AIDS Network at the end of October 2007 as the new Director of Life Care services. My childhood was spent in Wisconsin and Iowa. After getting my bachelor's degree at UNI in Social Work and Spanish, I joined the Peace Corps and moved to Thailand. In Lampang, Thailand I taught English and extended agriculture. I learned so much in those 2 ½ years. I then moved to Chicago where I completed my Master's Degree in Social Work from the University of Illinois at Chicago - Jane Addams School of Social Work. While studying at Jane Addams, I worked as a counselor on the backstretch of the Chicago racetracks. At the racetrack I worked and counseled the individuals who worked with the horses; trainers, hot walkers, owners, stable hands and jockeys. After graduation, I became a school social worker and worked at three different schools around Chicago. The next move was Baton Rouge, Louisiana where I spent the last 5 ½ years. That is where my work in HIV began. I had been interested in HIV for years, having several friends who were HIV+. I worked for Family Service of Greater Baton Rouge. It was an amazing experience. I started out as a Case Manager and after several years I became a supervisor. I later stepped into the Director of Title II Services, also known as the Case Management Services. My work in Louisiana gave me an excellent background on the needs of HIV+ people.

At AIDS Network, the most important part of our job is **You**. We are here to give you the best possible services with the resources we have. This can be so challenging, but I will always try my best to listen and assist you if at all possible. My belief is that the most positive way to assist anyone is to help educate and ultimately work towards independence and empowerment.

Jesus Carbonell

Hello. My name is Jesus Carbonell and I joined the AIDS Network in August, 2007 as a Bilingual Case Manager. Prior to joining the AIDS Network family, I was working in Miami FL. I am originally from Colombia S.A. and have lived in Madison for almost 8 months.

Currently I am running a new HIV+ Latin's support group. Along with that, I will be working with the clients I have on my case management load. I am also getting the opportunity to collaborate on many other projects in the community to raise awareness, especially in the Latin Community.

I am very excited to be a part of AIDS Network and working with the great people involved with the organization.

SIDE EFFECTS

By Jody Epstein, adapted from AIDS InfoNet Fact Sheets

HIV medications do a great job at keeping HIV under control and protecting the immune system, when you take them every day. Unfortunately, many people experience side effects. While most side effects are mild and go away after the first few weeks, some side effects are very serious and require treatment.

Don't let side effects keep you from taking your medications! Stopping medications or skipping or reducing your dose can cause resistance. If you can't deal with side effects, talk to your doctor about changing your drugs.

Below are ideas to treat some of the most common side effects. Jody Epstein, Treatment Support Services Coordinator (252-6540 x31), can help you figure out how to deal with your particular side effects or can help you choose medications that will work the best for you.

Diarrhea: Diarrhea is a very common side effect of anti-HIV medications and antibiotics. Infection in the gut and certain foods also cause diarrhea. Talk with your doctor if you have diarrhea - you may need medical treatment if you have an infection or if you are severely dehydrated.

Anyone with diarrhea should drink plenty of clear liquids. Herbal tea, juice, sport's drinks like Gatorade, chicken broth, and ginger ale are good choices. These are better than plain water, which does not replace any minerals (electrolytes) you lose with diarrhea.

Do eat:

- * bananas
- * applesauce
- * toasted white bread or plain crackers
- * boiled eggs
- * mashed potatoes
- * plain white rice
- * cream of wheat or farina cereal
- * plain macaroni or noodles
- * oatmeal
- * yogurt (this is dairy, but it's loaded with cultures that are good for your gut)

Don't eat:

- * dairy products (milk or cheeses)
- * fatty foods (butter, margarine, oil)
- * foods high in "insoluble" fiber, including raw fruits or vegetables, whole wheat bread, corn, or any fruit or vegetable skins or seeds.
- * greasy or fried food
- * spicy foods

At-Home Treatments:

- * Metamucil or other products that contain psyllium provide "soluble" fiber that adds bulk and absorbs water.
- * Acidophilus capsules can help restore normal, helpful bacteria to your gut, especially when taking antibiotics.
-Some types of yogurt contain "live cultures" that work the same way.
- * Peppermint tea, ginger tea and ginger ale soothe the digestive tract.
- * Pepto-Bismol, Kaopectate or Imodium AD are sold over-the-counter.

Nausea: Nausea means feeling like you are going to throw up. Try the following:

- * Eat several small meals and snack throughout the day.
- * Avoid spicy, greasy or strong smelling foods.
- * Leave dry crackers by your bed and eat one or two as you get up in the morning.
- * Open windows while cooking to remove odors.
- * Eat meals sitting up.
- * Don't lie down immediately after eating.
- * Sip drinks slowly an hour after eating.
- * Avoid things that irritate the stomach such as alcohol, aspirin, caffeine and smoking.
- * Try complementary therapies such as ginger, peppermint, acupressure or acupuncture.

If nausea doesn't improve, talk to your doctor about anti-nausea medications. Also investigate other causes for nausea such as stress, headaches, stomach viruses, eating or drinking too much or too little, alcohol and street drugs.

Fatigue: Fatigue is tiredness that does not go away when you rest. You may notice that your muscles can't do things as easily as they used to or that it's hard to get out of bed in the morning.

- * **Not Getting Enough Sleep:** Habits like smoking or drinking a lot of coffee can make it hard sleep. Establishing a relaxing nighttime routine and sleeping on a regular schedule can make it easier. Exercise can also help. Your doctor may also prescribe sleep aides.
- * **Poor Nutrition:** Your body uses a lot of energy to fight HIV. If you are not getting enough nutrients, because you are not eating well or because of diarrhea, your energy level will be low. Meet with a nutritionist at AIDS Network to discuss your eating habits. For some people, vitamin B12 supplements and better nutrition can eliminate fatigue.
- * **Depression:** Depression is very common for people with HIV and it causes fatigue. Depression can be treated with medication, talk therapy and exercise.
- * **Infections:** Fighting opportunistic infections or parasites in your gut can tire you out. If these infections are treated with antibiotics, your energy should improve.
- * **Anemia:** If you don't have enough red blood cells, or if they aren't carrying enough oxygen to your body, you have anemia, which causes fatigue. Blood tests can detect anemia, and it can be treated by nutrition and supplements or by medication.
- * **Low Hormone Levels:** Low levels of the hormones testosterone, DHEA, cortisol or thyroid can cause fatigue and lack of interest in sex and daily activities. Hormone levels can be checked with blood tests. Pills, patches, creams, or injections can restore hormone levels to normal.

Skin Problems: Most rashes caused by medications are temporary, but in rare cases they indicate a serious reaction. Talk to your health care provider if you have a rash. Moisturizers and drinking plenty of water help dry skin. Harsh soaps that contain antibacterial chemicals and perfumes can make rashes worse. It's also a good idea to use sunscreen and avoid being in the sun for long stretches, especially when taking certain sulfa drugs such as Bactrim.

Peripheral Neuropathy: Peripheral neuropathy (PN) can be caused by HIV infection of nerve cells, by drugs used to treat HIV, or by other health problems. The medications ddI (Videx), and d4T (Zerit) commonly cause PN. If you and your doctor decide that your HIV medication is causing PN, the best treatment is to stop taking the drug and replace it with another medication. You and your doctor should decide together on a plan for switching drugs. Do not stop taking any HIV drugs without talking with your doctor first.

Simple Remedies to Reduce the Pain of PN:

- * Wear looser shoes
- * Soak your feet in ice water
- * Don't walk too far or stand for too long a time
- * Try Acupuncture

Medical Treatments (Discuss with your doctor before starting these treatments):

- * Pain reducers: over-the-counter medications like ibuprofen or prescription-only medications
- * Topical pain-reducing creams containing lidocaine or hot pepper extract (capsaicin)
- * Anti-seizure medications such as Neurontin and Lyrica

Energy Assistance, submitted by Dan Leamy Case Manager

Ways to save yourself money: Turn the thermostat down when you are leaving the house and before you go to bed. Change your furnace filters to make your furnace more efficient. Cover your windows with plastic covering to keep the cold air out and warm air in.

Energy Services: To find out if you're eligible for Energy Assistance, call 608-267-8601 to check for eligibility and to set up an appointment. The appointment with Energy Assistance takes about 20-30 minutes. If you have questions, please contact your AIDS Network Case Manager.

'Past due' and 'disconnection of service' notices: If you get a notice from a Utility Company and you aren't able to pay the bill, or if you can't pay the entire amount requested, please contact the Customer Service number listed on the statement. Utility Companies will generally set up a payment plan with a subscriber to ensure that services aren't interrupted. However, if you don't call, they don't know your circumstances financially. Customer Service representatives are trained to understand peoples circumstances, and will offer suggestions on how to get the bill paid. Also, contact your AIDS Network Case Manager as they can offer some other suggestions for possible additional community based assistance programs.

projecthome



Project Home Seeks Qualified Applicants to Receive Free Home Repairs

Project Home's Hammer with a Heart event matches volunteers to homeowners with repair needs like roofs, windows, ramps, stairs, lighting, bathroom and kitchen renovation, and more.

Hammer with a Heart event is May 3, 2008.

Homeowner Information:

Project Home's Hammer with a Heart brings together volunteers from the community to assist low-income homeowners with much needed repairs to their homes.

- * Project Home will administer the Hammer with a Heart program.
- * Skilled and unskilled volunteers will provide labor for Hammer with a Heart.
- * A committee will select which homes will be repaired based on financial need, condition of the home, and availability of volunteers.
- * All repairs or improvements will be discussed with and approved by the homeowner prior to the day of the event via Project Home's Outreach Specialist and Volunteer Team Leader.
- * This will be a one day event, although some prep work may need to occur before the event date.
- * Repairs will be provided at no cost to the recipients, however some homeowners may need to sign a five-year forgivable loan for the assessed value of the repairs. This loan will be forgiven at 20% per year and completely forgiven if the homeowner does not sell, transfer ownership, take equity out of, or move from this home for five years. The assessed value of the repairs will be determined after the home inspection has been completed and before any loan agreement is signed.

Hammer with a Heart Eligibility Requirements:

- * Single family owner occupied home, but not a mobile home
- * Located within Dane County
- * Home must be in need of repairs or accessibility improvements, but structurally sound
- * Total annual household income must be at or below 150% of the federal poverty guidelines

Applications available at Project Home 608-246-3737 Deadline is January 21, 2008.

150% of the Federal Poverty Guidelines

Household Size	Annual Household Income
1	\$15,315
2	\$20,535
3	\$25,755
4	\$30,975
5	\$36,195
6	\$41,415

AIDS Network Events

Camp Bingo Continues. We've moved to The Edgewater (Wisconsin Avenue and Langdon Streets). Hosted by Cass Marie Domino; this event features 7 games of bingo and our new Onion Rings game-lots of great prizes including for the Best Costumes and a rollover jackpot this month of \$500. Everyone 18 year or older is welcome. A fund-raiser for AIDS Network, the admission is \$15; food and beverages are available for purchase. Free indoor parking is available at The Edgewater. For more information see the Camp Bingo webpage: www.madcampbingo.org.

Mardi Gras Bingo, Sunday January 27, with celebrity ball caller WMTV's Sarah Carlson. Doors open at 1 p.m. First numbers called at 2:30 p.m.

Leather and Lace Bingo, Sunday, February 24, 2008, with celebrity ball caller WMTV's Christine Bellport. Doors open at 1 p.m. First numbers called at 2:30 p.m.

Bingo in Oz, Sunday, March 30, 2008, with celebrity ball caller To Be Announced. Doors open at 1 p.m. First numbers called at 2:30 p.m.

Red Ribbon Affair, will be held the evening of Friday, April 4th at the Monona Terrace. There will be cocktails and hors d'oeuvres, silent and live auctions, dinner and entertainment.

Clients are welcome to attend free of charge and bring a guest.

However, you must make your reservation and menu selection with Sarah McCoy in Case Management. We begin taking reservations on February 19 (March 25 is the deadline to R.S.V.P).

More information will be on the AIDS Network website soon: www.aidsnetwork.org.

AIDS Network Executive Director Search Update

Larry Palm, President, Board of Directors
January 2008

The AIDS Network Board of Directors has been actively working to find a new Executive Director. The Board of Directors is committed to hiring an Executive Director who will promote quality services for our clients and community; foster superior community relations with other agencies, funders and the public at large; and ensure the sound fiscal operation for the long-term success of the Agency.

Request for applications went to a wide range of newsletters, career websites and other organizations. We received a significant number of applications by the deadline.

The Executive Director Search Committee has reviewed these applications and through a blind process narrowed this pool of candidates to fourteen. We have mailed each candidate a packet of information about AIDS Network and two written questions. We expect responses by January 18 and will be conducting initial phone interviews the following week. In-person interviews will be arranged with the top three candidates.

Of the fourteen candidates, there are six male candidates and eight female candidates. Five have addresses in Madison; three live in Wisconsin (outside of Madison) and six are outside of Wisconsin. None are outside the USA.

The Board is also committed to extensive staff, client and public input into the process and criteria for the next Executive Director. Your comments are essential for selecting the best candidate.

If you have any questions, comments or suggestions, you can contact the AIDS Network Board of Directors at board@aidsnetwork.org

WINTER SUPPORT GROUP MEETINGS

Rock County Drop-In HIV+ Support Group

This group welcomes anyone living with HIV/AIDS residing in Rock County.
Call Case Manager Kathy Fox for details. 608-756-3010

Pozitive Light

5:30-7:30 p.m. at AIDS Network's Madison office at 600 Williamson St, the 2nd and 4th Friday
January 11th and 25th; February 8th and 22nd; March 14th and 28th

This group welcomes all gay or bisexual men who are HIV+. Please feel free to Drop In to this ongoing group.

Substance Use Support Group (with Brett Brasher)

4-5 p.m. on Thursdays at AIDS Network's Madison office at 600 Williamson St;
January 10, 17, 24, 31 and February 7. Call your case manager for more dates

This group welcomes all HIV+ individuals with concerns about their past or present use of alcohol or other drugs.

Latinos Compensamientos Positivos

New Group for Spanish Speakers
Esta junta es para todos HIV+ que habla espanol
This meeting is for anyone who is HIV+ and speaks Spanish
16 de Enero @ 6 @ AIDS Network, 600 Williamson St, January 16 @ 6pm here @ AIDS Network
Para los reuniones de Febrero y Marzo, porfavor llamar a Jesus a la 252-6540 ext. 41

New Group for Women of Color who are HIV+

1st Meeting is Tuesday, January 29th at 5 p.m. at Outreach, located in the Gateway Mall, at 600 Williamson St,
four doors to the right of AIDS Network. Call Bethany at 252-6540 ext. 51 for details.

Fourth Wednesday Drop-In HIV+ Support Group

6-8 p.m. at AIDS Network's Madison office at 600 Williamson St, usually the 4th Wednesday of the month

January 23 - New Year's Open House Social: meet your facilitators & other group participants, enjoy some snacks

February 27 - Chili Cook Off and Nutritionist Visit, bring a bowl of chili *or enough to share if you wish*
and your nutrition questions

March 26 - An evening of fun! board games, conversation, and food

This group welcomes anyone living with HIV/AIDS.

PLEASE CALL YOUR CASE MANAGER FOR INFORMATION OR FOR ASSISTANCE WITH TRANSPORTATION.